

ABSTRACT

A strike zone trainer is described having a bottom horizontal member, a left vertical upright connected at a left side of the bottom horizontal member, a right vertical upright connected at a right side of the bottom horizontal member, and a top horizontal member connecting top portions of the left and right vertical uprights together. The bottom horizontal member, the left vertical upright, the right vertical upright, and the top horizontal member define a frame surrounding a strike zone for a batter. The trainer includes a left indicator indicating a left edge of the strike zone, a right indicator indicating a right edge of the strike zone, a top indicator indicating a top edge of the strike zone, and a bottom indicator indicating the bottom edge of the strike zone.